



Eco - Sense

No. 7 June 1995

Newsletter of the Human Ecology Foundation of Canada, Ottawa Branch

It is with great pleasure that the Ottawa Branch would like to introduce to you the new national President of HEF, Lynda Brooks. Lynda is well known in the region for her dedication and accomplishments in the field of ecological illness, she has been on the National Board of Directors for 3 years and is also the past president of the Ottawa Branch. She is extremely involved as well in other areas as hockey teams, figure skating teams and also enjoys playing bridge. Her energy is most astounding !! Her work as a R.N. for an Ottawa doctor is only part of her responsibilities, she also has her own private practice, Aller-Sense, an allergy management counselling service for groups and individuals. On behalf of HEF, we wish you success Lynda, in your new role as national president and we extend full-fledged support in the upcoming years.



Lynda Brooks

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PRESIDENT'S MESSAGE

Hi,

Sorry that all of you couldn't make it to the Annual Meeting. We hope to become more active this year (1985/86) in many areas and we would like to see more participation by those who are able.

This is, I believe, an extremely exciting time for those of us with Ecological Illness when we consider the impact of a number of recent developments. The Medical Conference in Toronto for instance, was a great success and indeed, quite a few Doctors seem to be interested in learning more about Environmental Illness. Also, as the Ontario Government Commission approaches its final reporting stage we look forward with hope that our condition will finally be recognized as a legitimate one.

The year ahead will be a very busy one as the President of the National Organization. Luckily, I have an extremely good Executive this year to support me and I would like to thank them in advance.

Sincerely,
Lynda J. Brooks

YOU WANT ITTS...

Workshop

A Saturday Afternoon seminar has been arranged to provide a forum for all interested individuals to raise questions, concerns and suggestions .

Lynda Brooks, R.N. and Ecological Specialist
will be providing information on:

September 21, 1985	Ecological Illness Introduction \$10.00
October 5, 1985	Rotation Diet \$15.00
October 19, 1985	Candida \$10.00

TIME: 1-3 p.m.

PLACE: 97 Village Green, Kanata

TO RESERVE YOUR SPOT.....

Please call daytime 836-7195
ask for Liane (Bilingual),
828-2547 and ask for Janet or
836-4565 ask for Lynda.
836-7656

Membres francophone seront dispo-
nible pour traduire.



Mystery Corner

In reply to "Our forever blowing bubbles!" Marj Sherwin supplied us with the following address for bread and buns made with special durum flour she can tolerate. She has tried every kind of flour in Ottawa unsuccessfully:

Durum Bakery, 416-266-2955
296 Markham Rd.
Toronto, Ontario.

Thanks Marj!

Our next mystery involves bees' wax!!!!

I have read that bees wax is good for polishing wood....
What about wood floors? Has anyone tried it?
I know you can buy this wax in craft and hobby stores but then I couldn't figure out what to do with it. Should it be melted to soften it and then applied or..?

If you have any ideas, please contact Liane at 836-7354.

DID YOU KNOW ABOUT....

Migraine Foundation

390 Brunswick Ave. Toronto, Ont. M5R 2Z4. Pamphlets on symptoms, causes, triggering factors, coping aids, for sufferers of migraine headaches.

Medic Alert

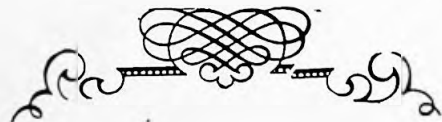
176 St George St. Toronto, Ont. M5R 2M7.

Food Reaction Reporting Programme

Dr. E. Napke, Drug Advisory Bureau, Food and Drug Directorate, Tunney's Pasture, Ottawa, Ontario.



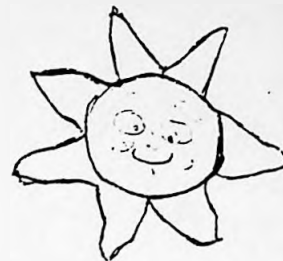
THOUGHT OF THE DAY



When I was young I
could remember every-
thing whether it
happened or not!

Hang in There !!!!!

Liane Donaldson



How can I hang in there? I feel so depressed, misunderstood, lonely...

How can I look at our illness, the emotional turmoil and still remain positive?

Not much has been written on the subject but a lot needs to be told... This is my first attempt at it.

As far as I can figure out, we react emotionally to two sets of situations. One is to the emotional reactions to food and chemicals while the other one to the illness itself. It is of course difficult at times to tell the difference between the two. Some of the feelings are the same but maybe the targets are different. The food and chemical reactions are not very logical and come and go with ingestion. Feelings toward the illness itself may be longer in duration and may take the form of distress about the illness itself or how inadequately we are coping with it.

Since the food and chemical reactions are mostly controllable with avoidance and drops, I would like to address myself to the OTHER FEELINGS!

Why do we become hostile? Why do we often feel depressed? Why do we have feelings of helplessness? Why do we feel our condition controls our lives? Why do we fear the future? Why do we feel anxious about new symptoms? If you think back to the discovery of your illness and how you felt... Thinking "What has happened to me? " All of a sudden everything is disrupted, displaced, changed. Most of the time we must withdraw from work, friends, school, from daily responsibilities and daily roles. The old you and all your habits are dying.... Its no wonder we are so depressed, discouraged, overwhelmed !!!!! We have just said good-bye to an old friend.... We are asked to take on a new "ME" !!

At this point we may see this illness as a force, dictating changes in plans, telling us what we can or can't have - what we can and can't do. We may also feel useless, worthless and indeed guilty for having abused our bodies in the past.

Even the most balanced individual would be shook up to say the least!

GETTING OUR ACT TOGETHER!

How do we deal with all of these feeling? Perhaps in different ways, depending upon the feeling and upon how you usually deal with problems. Are you a follower, fighter, an innovator or do you love a challenge? Think of your reactions in terms of your personality.

Do you give in to the illness? Do you fight it saying "How can I beat it"? Invent ways of outsmarting it?
The following are stages we go through with an illness (the order in which you go through these may differ and sometimes I see myself going back and forth between stages).

DENIAL: It's not really happening to me! It will be gone in a few weeks!! Maybe if I follow the diet....next week I can eat...

ANGER: How can my body let me down like this!! I'm so lazy!! Those stupid doctors who gave me these drugs! Why can't somebody find a cure for this!!

DEPRESSION: Maybe I'll die!!! Nobody really understands me! I'm so useless! Ugly! I'm a burden!

J.W. Vargo in ON COUNSELLING THE PHYSICALLY DISABLED maintains that depressed people seem to think it is important to dwell on what's depressing them, which tends to make them more depressed, which tends to make them worry more, locking them into a vicious circle.

Naomi Remen, M.D., in her book The Human Patient argues that most of the time it is not the medical procedures, diagnosis or even the disease we fear but the perception of ourselves as being stripped of choice, helpless and victimized. She also speaks about the fact that sick people may not look or feel strong but there are parts of the sick person which remain resilient and resourceful and which may even grow and develop because of the disease. Some human qualities which we might not have recognized in ourselves might surface, qualities such as ingenuity, wisdom, insight, patience, resourcefulness and courage. These could also play a great role in the recovery of health as the most sophisticated of medical treatments.

Wright (1960) refers to "ADJUSTMENT" as the person gradually begins to emerge out of the hostility and depression and takes psychological stock of oneself: abilities, strengths and weaknesses. Once people begin working through the adjustment stage (which is an ongoing process) they direct more energy toward what they can do rather than what they cannot do.

Further, Remen says that when faced with illness or pain, we may choose to regard it as a disaster, or as an opportunity for learning. We can move toward the unknown with fear or with a sense of curiosity. We can see a happening as the end of something old or as the beginning of something new. This capacity, when recognized and wisely used can change the nature of our experience and deepen the quality of our lives.

We can also choose our attitude toward ourself. Under the same set of conditions, we can see ourself as victim or survivor, as weak or strong, or as limited or challenged. Such choices provide a foundation upon which to live our lives, shape our relationships, and govern our future.

Naomi Remen concludes that it is important to "allow" ourselves to be in the sick role, because an attitude of resistance may make it unnecessarily difficult for us to do what is needed for healing to occur. If we can understand that it is o.k. to flow with the illness and not deny or refuse to accept it even if it means "allowing" ourselves to be tired, to be lazy, to be slow, to be confused... etc.

There is a time for everything ...even a time to heal.
(Your comments are welcome.)

Liane Donaldson



CALLING ALL HEF KIDS.....

KIDS

Why not join us at Lynda's house for an afternoon of baking, eating and fun.

Of course all of this good food will be prepared by ALLERGIC KIDS for ALLERGIC KIDS (and maybe parents too, if they're good!!)

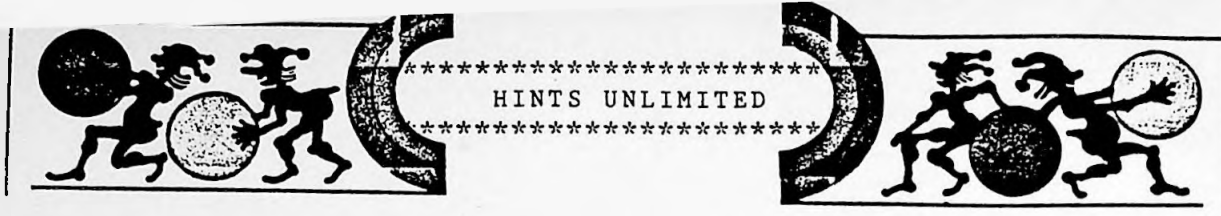
Lynda is planning to explore the baking of cookies and squares and maybe you can even teach her a few of your baking tricks.

Please phone Lynda at 836-4565 or Liane at 836-7195 to let us know if you're coming on Saturday June 22 at 1 p.m.

See you there and bring your apron!!!!

LITTLE DARLINGS





- A CLEAN OVEN? Hillary tells us that she tried EASY OFF oven pads and they work... no fumes!!! She also suggests that sprinkling baking soda on the bottom of your oven immediately after cleaning, absorbs spills and odours and can be VACUUMED up. What a neat idea !!!!
- INTERIOR DECORATING BOO BOOS? Some of us (even the intelligent ones) have had a few boo boos. We insist on painting or wallpapering... staining or buying new furniture. Then the moment of truth arrives..... the fumes and reactions too. Don't despair, you can seal fumes with crystal air, purchased from De Groot in Toronto.
- WATERJUG DILEMNA Regal Stationary now has a square water or juice container that sits in your fridge. It has a tap and is made so you can set things on top. Might be good for people not-allergic to plastic.
- MAKING SOUP? When making soup, use a spaghetti cooker, placing pieces of chicken or meat bones in the strainer part along with vegetables and seasoning. When the stock has simmered long enough, lift out the strainer, along with the vegetables and bones, leaving just the clear stock in the bottom pot. VOILA!!
- PATTIE KNACK Recycle mashed potatoes into potato patties Pack leftovers in a straight-sided glass tumbler and refrigerate. Next day, run a knife around the inside of the glass and, as the molded potatoes slide out, cut into thick slices, fry in a bit of oil.
- IN A NUTSHELL Shelling Brazil nuts can be a pain, but if you freeze them overnight the next day they almost always come out whole.
- ORGANIC SPRAY 1 c. fresh spearmint leaves, 1 c. green onion tops, 1/2 c. horseradish root and leaves, 1/2 c. red hot peppers. Run through blender adding a little water. Pour into a gal. of soapy water and add 1/2 c. liquid detergent. Dilute by adding 1/2 c. to 1 quart of water. Pour over plants as is or strain and spray it on.
Estelle Drolet



Where is the Moose???

Many ecologically ill members of the HEF are unable to eat ordinary meat like beef, pork or chicken. What are some alternatives? Moose of course.....

The HEF is fortunate to have a source of clean, alternative meat. Through the Department of Natural Resources of Ontario, confiscated wild game such as moose, venison and deer is made available to charitable organizations having a demonstrated need for the meat, such as the HEF.

We, at HEF, feel that this is a great service to our members and the price is right. \$2.00 /lb and that applies to roasts, steaks and hamburger. Where can you find meat so cheap ?

Put your tastebuds to the challenge and try out this "Delicacy".

MOOSE, VENISON, DEER

NAME _____
ADDRESS _____

Tel no. _____

I would like to purchase _____ lbs of _____
at \$2.00/lbs.

Mail to : Carolyn McCoy
951 Dresden Cresc.
Ottawa, Ontario
K2B 5H9

Tel no. 596-1498

Library Resources : AN UPDATE



DENTISTRY Kupsinel, Dr. Roy, "Mercury-amalgam toxicity of teeth".

DIET/NUTRITION Skelrick, Racquel. The food sensitivity diet (breakthrough in cytotoxic nutrition).

DIRECTORIES Alternative Health Service Directory. Toronto

GENERAL Rapp, Doris. Allergies and your family

"A new diagnostic method in allergic disease".

"Examples of idiopathic and other chronic disease by careful allergic management".

Health and Welfare Canada. Food additives: Questions and Answers. (Booklet)

Randolph, Dr. Bulletin of the Human Ecology Research Foundation. (Booklet)

Pollution, Indoor. Small, Bruce. Indoor air pollution and housing technology. Ottawa: CMHC.

NASA. Outgassing data for spacecraft materials.

CANDIDA ALBICANS

"Human isotype levels to Candida Albicans."

"Chronic mucocutaneous candidiasis".

"Candida infections in surgical patients dose requirements and toxicity of amphotericin B".

"Candida albicans: an unexpected problem"

"Lactobacillus acidophilus as a therapeutic agent"

"Tissue injury induced by Candida Albicans"

"Yeast and yeast-like microorganism in medical science"

"Notes on the yeast problem"

VHF OWNERS: Video on 20th Century Disease available for \$5.00 will fit any VHF and Beta machine

HAVING TROUBLE READING? Why not borrow tapes from the library, instead of books. Tapes will fit in any cassette player (check your teenagers' equipment).

TROUBLED BY THE WEATHER? Why not try out HEF Ionizer. It's a small machine (book size) which changes the air and helps some people.

QUOI DE NEUF ?

SAMEDI 1^{er} JUIN, DANS UNE ATMOSPHERE TRÈS CHALEUREUSE,
PREMIÈRE RÉUNION DU GROUPE FRANÇAIS DE LA H.E.F.

C'est difficile, mais pas impossible!!!

Liane

Liane a fait un exposé touchant tous les aspects du domaine des allergies (aliments, produits chimiques, candida, etc.). Ces informations aideront grandement les personnes présentes soit à identifier les "pas bons", qui donnent tant de malaises, ou à planifier d'une façon logique leur diète.

On fit mention de nombreuses sources d'information. C'est en étant bien renseignés que nous pouvons apprendre à vivre avec nos allergies et à les contrôler le mieux possible.

On a ensuite demandé au groupe de suggérer quels pourraient être les buts de telles réunions: information, support moral, etc. Nous sommes ouverts aux suggestions.

Hélène Evans

Prochaine réunion: le 29 juin, 1985. Pour plus amples renseignements, contactez Liane Donaldson (836-7354).

ASSEMBLÉE GÉNÉRALE ANNUELLE DE HEF

Positive seeds were sown
Our Foundation has grown
We've carefully stepped along
And we know we were not wrong
But the time is there
Recognition is near
Let's all unite
Our goal is in sight
If we keep as one
Our battle can be won

C'est par ce poème au message plein d'optimisme que la présidente nationale, M^{me} Darlene Koski, a clôturé l'assemblée générale annuelle de HEF qui s'est tenue le samedi 4 mai dernier au Centre communautaire Westboro, à Ottawa.

Dans une atmosphère empreinte de cordialité, M^{me} Koski a présenté son rapport annuel à la vingtaine de personnes présentes, faisant ressortir les progrès accomplis par la Fondation dans ses efforts visant à faire reconnaître la "maladie écologique". Elle a également rappelé l'importance de la communication, tant entre les membres de la Fondation qu'avec tous les secteurs avec lesquels nous avons des intérêts communs (médical, etc.), à des fins d'information et d'éducation.

Après le rapport du trésorier, les membres présents ont été invités à poser des questions sur l'avenir de la Fondation et sur son orientation. Il ressort des échanges de vues qui ont suivi que la Fondation a beaucoup mûri ces dernières années et que ses membres ont pris des forces. Elle pourrait donc s'engager maintenant dans une voie plus active, voire militante.

Il conviendrait de noter un fait d'un intérêt particulier pour le Groupe d'Ottawa: Mme Liane Donaldson, co-rédactrice du Bulletin (Eco-Sense), a été élue membre du conseil de direction de la Fondation, tandis que Mme Lynda Brooks, ex-présidente du Groupe d'Ottawa, en assumera dorénavant la présidence.

Bravo et bonne chance aux nouvelles élues!

Johanne Falardeau

Nouveaux

Peut-on se soigner soi-même? L'Express, 25 janvier, 85

Rhume des foins: Une stupéfiante découverte, Prévention-Santé, mai 1984

La ventilation, principale cause des problèmes de santé dans les édifices à bureaux, Le Soleil, Québec, janvier 1985

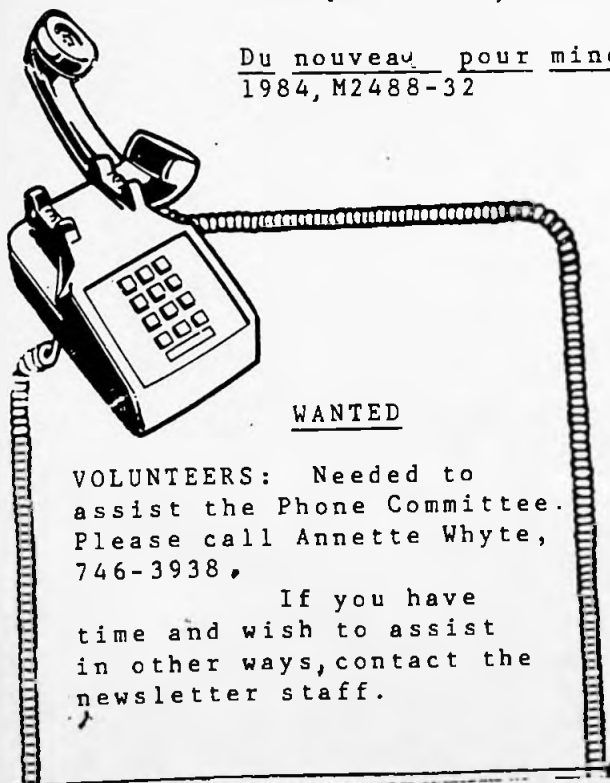
Le cahier des plantes, Celles qui chassent le cholestérol, Prévention-Santé, mai 1984, M2488-32

Riche en vitamines, pauvre en calories: LE KIWI, Prévention-Santé, mai 1984, M2488-32

Du nouveau pour mincir sans se priver, Prévention-Santé, mai 1984, M2488-32

Articles disponible de

Liane Donaldson 836-7354



want ads

All ads are included free of charge for the convenience of our members. Please be brief.

ITEMS AVAILABLE

LIGHTING Full Spectrum lighting available from ALBA Health and Fitness, R.R. #4, Lanark, Ontario.

SUNDRESSES: Several 100% well-made cotton sundresses for sale. Sizes 16-18. Call 828-2547.

CRINKLE COTTON: 100% crinkle cotton at the Real Wool Shop, 142 Frankstown Rd., Carleton Place, Ont. 613-257-5778

LINEN: Heavy natural linen, useful for drapes, available from Ogilvy's, \$11.00 to \$13.00/meter.

PILLOW: 100% cotton (cotton flannel) pillow cases now available
CASES to match the sheets you may have bought.

SHEETS: Flannel King size sheets available through Eddie Bower Catalogue (copy in HEF Library)

HABERMAN H.E.F. card-carrying members will receive a 25%
CHEMISTS: discount on the purchase of 5 or more bottles of any one product, with the exception of Efamol and Vitamin E (235-3993).

WANTED ... NEW MEMBERS. PASS THIS ON TO A FRIEND!

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to The Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada K2H 7V1.

Name _____
Address _____
Postal Code _____
Telephone _____

I am enclosing a __ cheque __ money order for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

[Optional] This membership is a gift to the above from _____

[Optional] In addition, I am enclosing a donation of \$ _____ to further the purposes of the Foundation. (All donations are tax-deductible as charitable donations).

IN MEMORIAM

We are saddened to report the death of one of our members, Peggy Wilson. Peg was a member of our telephone committee and was a source of encouragement and inspiration to all who knew her. H.E.F. wishes to extend sincere condolences to her husband Bill and children, Julie and Scott.

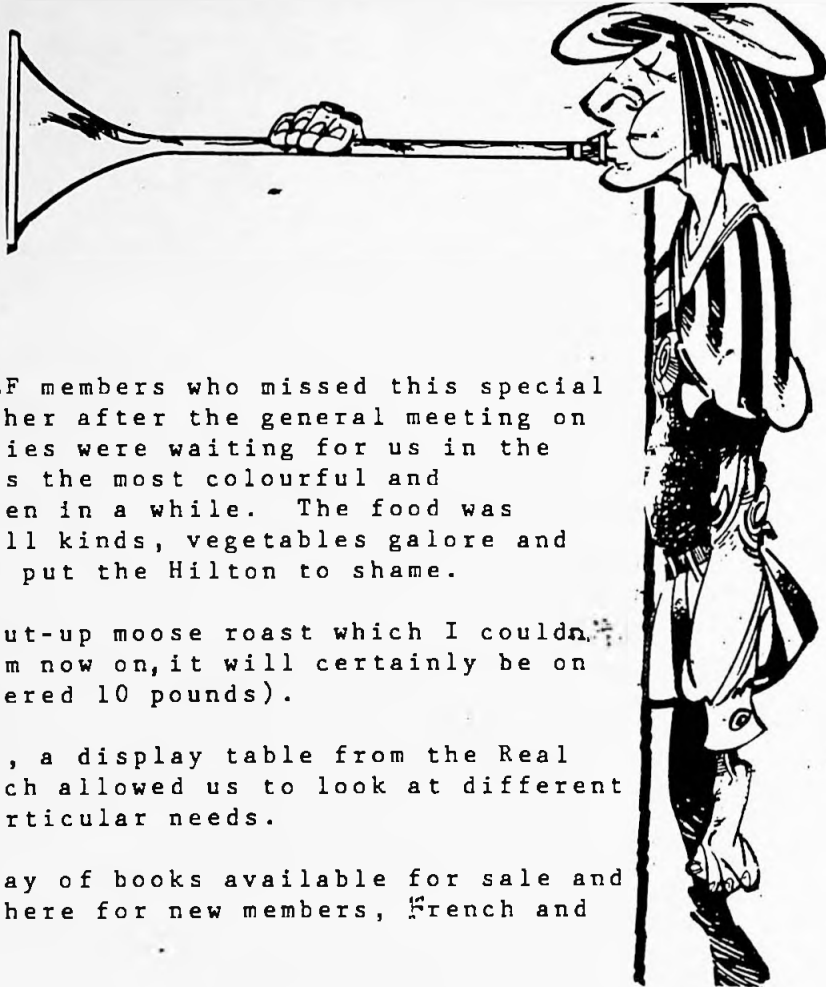
H.E.F. would like to thank Claire Sigman, of Ottawa University, for sharing her time and talent in producing the Ottawa Chapter Logo.



Myra Owen, Director of the Health Sciences Library at the University of Ottawa, recently accepted a copy of Clinical Ecology donated to the library by the H.E.F. Mrs Owen confirmed that the area of clinical ecology is coming of age and, as such, the publication represents a valuable contribution to the University's library collection.

H.E.F. extends warm regards to Myra Geller, Diana Dainty and other HEF members who may be undergoing very difficult times at the moment. Their perseverance lends, by example, considerable hope and strength to many of us. Much further away our thoughts go to Kathryn Hall who was recently escorted in pomp and pageantry by private jet to the Ecological Health Centre in Dallas. Take it away Kathy!

ONTARIO COMMISSION OF ENQUIRY INTO ENVIRONMENTAL ILLNESS
findings are expected to be released in September, 1985.



WOW!!!!!! WHAT A FEAST!!!!

I feel sorry for all the HEF members who missed this special treat. As we gathered together after the general meeting on May 4th, all kinds of goodies were waiting for us in the foyer. I must admit, it was the most colourful and appetizing buffet I have seen in a while. The food was excellent, fresh fruit of all kinds, vegetables galore and decorated tables would have put the Hilton to shame.

There was also a table of cut-up moose roast which I couldn't get myself away from... From now on, it will certainly be on my menu (I have already ordered 10 pounds).

We also had available to us, a display table from the Real Food Co-Op/Veritaliment, which allowed us to look at different products and discuss our particular needs.

The HEF Library had a display of books available for sale and our membership person was there for new members, French and English.

All this was followed by a very interesting lecture by Lloyd Tataryn on formaldehyde,

It was a great time spent eating, talking and enjoying each others company. WE MISSED YOU!!! Sure hope you can make it next time around.

Thanks to all the organizers, it was great!!!

Liane

CONTRIBUTIONS TO THIS ISSUE

Hillary McCarthy #
Sandra Kasprovicz #
Johanne Falardeau #
Janet Lee #
Marianne Kasprovicz #
Liane Donaldson #
Pat McKenna #
Marj Sherwin #
Estelle Drolet #
Kathryn Hall #
Lynda Brooks #
Alice Kopp #
Helene Evans

WATCH IN NEXT ISSUE

- * Commission Update
- * Alternatives.....
- * Report on HEF's French Group
- * FOOD IRRADIATION
- * Doctors response to HEF's questionnaire

PHONE, MAIL OR SHOP IN PERSON



DELIVERY AVAILABLE

FOOD CO-OP NEWS

The Real Food Co-Op / Veritaliment will be starting a pilot project on May 15, 1985 which will run until August 15, 1985. This project has been established to supply H.E.F. members with ORGANIC meat, fish, poultry, vegetable, fruit and other products.

A delivery service is also available at a cost of \$5.00 to \$8.00, depending upon the distance from the co-op. Because this is a pilot project, delivery is only once a month to start. Next order date deadline is July 2, with delivery on July 12th. Other arrangements are now being negotiated for at least twice a month delivery for August, etc.

Prices are subject to change without notice, due to fluctuation in exchange rate with U.S., volume and seasonal availability. If you are interested in this service, please fill out the order form below.

BEEF (Organic)

_____	lbs sirloin tip roast	9.12 kg	4.14 lb	=
_____	lbs pot roast x	5.94/kg	2.70/lb	=
_____	lbs hamburger (regular) x	5.94/kg	2.70 lb	=
_____	lbs sirloin steak x	9.84/kg	4.47/lbs	=

PORC (Organic)

_____	lbs boneless ham x	5.70 kg/2.59 lb	=
_____	lbs pork chops x	6.75/kg/3.05 lb	=
_____	lbs bacon (no nitrites)	9.48/kg	4.30lb =
_____	pkg weiners (no nitrites)	12 in pkg	3.06=

FISH (Organic)

_____	lbs cod fillet x	8.40/kg	3.81 lbs	=
_____	lbs halibut steak x	13.92 kg	6.33 lb	=
_____	lbs Rainbow trout x	10.62 kg	4.82 lb	=

POULTRY (Organic)

_____	lbs breast	6.54/kg	2.97/lb	=
_____	lbs legs	4.14/kg	1.88/lb	=
_____	lbs whole	4.50/kg	2.04 /lbs	=
_____	lbs whole Turkey	5.16kg.	2.34lb	=

VEGETABLES (Organic)

_____	lettuce head	1.20ea	=
_____	carrots 2 lb	x 1.22ea	=
_____	potatoes 5 lb	x 1.28ea	=
_____	onions 2 lb	x .64 ea	=

FRUIT (Organic)

_____	apples 3 lbs x	2.16/pkg	=
_____	apple cider in glass jug	2 lt x 2.79 jug	=
_____	banana, kiwi, grapefruit		
_____	(price to be announced later)		

MISC

___ pkg ORGANIC rice cakes KOYO 1.54/pkg =
___ pkg rice crackers KOYO 1.39/pkg =
___ lbs organic rice x 2.50/kg 1.13/lb =
___ lbs organic wild rice 6.81/kg 15.00/lb =
___ lbs corn flour 1.55/kg .70 lb =
___ lbs rice flour x 3.21 kg 1.46 lb =
___ lbs wheat flour x 1.19 kg .54/lb =
___ pkg corn macaroni x2.86 kg 1.30/lb =
___ Pkg potato chips x 1.92 each =
___ (in safflower oil, no salt, so preservatives)
___ Amaranth crackers 16 oz pkg 2.75/pkg =
___ eggs (medium) =

NUTS (Freshly cultivated non sulphured non fumigated nuts)

___ lbs Almonds 7.35 kg 3.34 lb =
___ lbs Cashews (whole) 13.04 kg 5.93 lb =
___ pkg Rice noodles organic 2.51 kg =

YARD GOODS

___ 100% Linen natural colour 137 cm wide x 7.50 =
___ 100% Linen white 145 cm wide x7.50 =
___ 65% Linen 35% cotton 160cm x 5.00 =
___ 52% Linen 48% cotton 147cm x 5.95 =
___ linen thread (price to be announced)

Hypo-allergenic muffins are now available, sweetened with
fresh fruit; no milk; no yeast; no Sugar; no wheat. .50 each.

Tax will be added where applicable and payment for order and
delivery must be made in cash at time of delivery.

Please mail or phone in your order to:

REAL FOOD COOP/VERITALIMENT
43 FLORA ST.
OTTAWA, ONTARIO
K2P 1A7

Phone: 233-5262
ask for Diane or Tom
after 1 p.m.

NAME _____
ADDRESS _____

___ Miles from centretown

Delv. \$ _____

PHONE NO _____ home
_____ office

TOTAL OF ORDER \$ _____

15 June , 1985

Coping with Environments
Lynda Brooks, 97 Village Green,
Kanata, Ont. 836-4565 Lynda or
836-7195 Liane (bilingual)

18 -20 June, 1985

Workshops "New IDEAS about sickness
and health" (focus on ecological
illness) CBC Radio 9:05-10:00 pm.

22 June, 1985

H.E.F. kids are baking at Lynda's;
same as above.

29 June, 1985

HEF Francophone atelier/workshop
contact: Liane Donaldson 836-7354.

21 Sept., 1985

Workshop, Ecological Illness
Introduction, Lynda Brooks (see above)

5 Oct., 1985

Rotation Diet Workshop,
Lynda Brooks (see above)

19 Oct., 1985

Workshop, Candida,
Lynda Brooks (see above)

2 Nov., 1985

Workshop, Chemicals-Home and Work
Place, Lynda Brooks (see above)



WE ARE GROWING !!!!!

Below is a breakdown of our new members who have joined HEF
since December 84. Welcome aboard!!!

December 10
January 9
February 9

March 17
April 12

TOTAL MEMBERS 220

JUST WANT
TO SAY "THANKS"

HEF would like to thank Marianne Kasprovicz and her husband
Seig for the new computerized system now in operation. Seig
has spent over 200 hours getting the computer programmed for
HEF membership management, and anyone who has experienced such
a task will understand what 200 hours of programming can
mean. Thanks again!

MISC

____ pkg ORGANIC rice cakes KOYO 1.54/pkg =
____ pkg rice crackers KOYO 1.39/pkg =
____ lbs organic rice x 2.50/kg 1.13/lb =
____ lbs organic wild rice 6.81/kg 15.00/lb =
____ lbs corn flour 1.55/kg .70 lb =
____ lbs rice flour x 3.21 kg 1.46 lb =
____ lbs wheat flour x 1.19 kg .54/lb =
____ pkg corn macaroni x2.86 kg 1.30/lb =
____ Pkg potato chips x 1.92 each =
____ (in safflower oil, no salt, so preservatives)
____ Amaranth crackers 16 oz pkg 2.75/pkg =
____ eggs (medium) =

NUTS (Freshly cultivated non sulphured non
fum gated nuts)
____ lbs Almonds 7.35 kg 3.34 lb =
____ lbs Cashews (whole) 13.04 kg 5.93 lb =
____ pkg Rice noodles organic 2.51 kg =

YARD GOODS

____ 100% Linen natural colour 137 cm wide x 7.50 =
____ 100% Linen white 145 cm wide x7.50 =
____ 65% Linen 35% cotton 160cm x 5.00 =
____ 52% Linen 48% cotton 147cm x 5.95 =
____ linen thread (price to be announced)

Hypo-allergenic muffins are now available, sweetened with
fresh fruit; no milk; no yeast; no Sugar; no wheat. .50 each.

Tax will be added where applicable and payment for order and
delivery must be made in cash at time of delivery.

Please mail or phone in your order to:

REAL FOOD COOP/VERITALIMENT
43 FLORA ST.
OTTAWA, ONTARIO
K2P 1A7

Phone: 233-5262
ask for Diane or Tom
after 1 p.m.

NAME _____
ADDRESS _____

____ Miles from centretown

Delv. \$ _____

PHONE NO _____ home
_____ office

TOTAL OF ORDER \$ _____

NEWS and VIEWS

REVIEWS

"Cockroaches retreat at sight of cucumbers ", Citizen
(reprinted from Chicago Tribune)

If you are troubled by cockroaches encroaching on your food (often a problem for tenants as opposed to homeowners) place sliced/diced/crushed cucumbers in your kitchen to repel insects. According to Chemistry Professor, Clifton Melaan, of Kansas State University, "slicing or cruching the cucumbers causes an enz matic reaction that releases two compounds in the vegetables that send the cockroach scurrying.

WHY ORGANIC MEAT?

Antibacterial drugs, administered to livestock, were thought to be a good initiative 20 years ago for farmers. Although believed to be beneficial to livestock growth, the risks to humans, major consumers of meats, are only now being seriously considered. According to the article, carbodox, tetracycline, penicillin, sulfonamide and chloramphenicol were listed among drugs used. The risk to humans from the drugs, specialists say, ranges from allergic reactions to liver and kidney problems and even cancer.

"Vets fear drugs fed to animals may hurt humans", Citizen

FORMALDEHYDE

Where the National Research Council of Canada "poured \$12 million into projects to remove formaldehyde from home air," the National Space Technology Laboratories (Mississippi) have demonstrated the effectiveness of the spider plant as a "more natural and much less expensive" method of handling formaldehyde. Research tests reveal "that a single pot of spider plants (Chlorophytum comosum) can completely cleanse the air of formaldehyde in a dwelling with 1,800 sq. feet of floor space and a 0.2 air change per hour". It is not yet clear why spider plants have this particular effect on formaldehyde nor why other plants used in the research experiments (gloden pathos and nephthytis) did not appear to have a significant effect.

"Spider plant meets the foam monster", Harrowsmith, Apr./May, 1985, p. 124.

CHARITABLE DONATIONS

In 1985, individuals who filed a 1984 Income Tax Return may have noted the absence of the \$100.00 deduction for charitable donations. In effect, any donation (up to the amount of \$100.00) we made in 1984, for which we did not receive receipts, went unrecognized by Revenue Canada. To ensure complete income tax return on your charitable dollars, HEF members and other interested readers are encouraged to begin directing this previously undirected amount to registered charitable organizations who will provide receipts for income tax purposes while advancing through your support the concerns and issues of primary importance to you.

If a healthy living environment is a priority for you, together with improved methods for the prevention, treatment and management of environmental illness, your charitable donation of \$100.00 or any portion of this amount will be welcomed by HEF.

Any inquiries surrounding donations and their utilization may be directed to the coordinator of the HEF Fundraising Committee, Pat McKenna, 64 Clarey St., #3, Ottawa, Ontario. K1S 2R7, Tel. 236-4547.

ECOLOHOME: update

Ecolohome, located on the shore of Lake Huron, may well become an oasis for the environmentally sensitive in their search for a clean place to recover.

For the fee of \$100./week a variety of services, over and above living accommodations, are provided. For instance, food delivery, oxygen and other services specific to the needs of the environmentally sensitive are available. For \$60./day the purchase of food and preparation of meals will be taken care of, based upon your special needs.

If you require special care, this may be a temporary alternative for you. Regular transportation between Goderich and Toronto is also available, if required.

Contact: Shirley M. Smith
R.R. #3
Goderich, Ontario.
N7A 3X9
Tel. (519) 529-7634

or Pat McKenna 236-4547
235-2507

Decisions...Decisions...Decisions...

If you feel dog tired at the end of the day, maybe it's because you're burning up more calories than you think. Here are some exercises most of us engage in that burn up extra calories.

Beating around the bush	75 calories per hour
Jumping to conclusions	100 calories per hour
Climbing the wall	150 calories per hour
Grasping at straws	75 calories per hour
Throwing your weight around	300 calories per hour
Turning the other cheek	75 calories per hour
Eating crow	225 calories per hour
Dragging your heels	100 calories per hour
Hanging by a thread	125 calories per hour

The Better Half



"With the diet taco, you get a large with extra beef, and I eat it for you!"

BOOK REVIEW

TYPE 1/TYPE 2 ALLERGY RELIEF PROGRAM

By Alan Scott Levin, M.D., and Merla Zellerbach
Jeremy P. Tarcher, Inc., 9110 Sunset Blvd., Los Angeles, CA 90069

This book covers information on "traditional" type allergies, referred to as Type 1, that is: pollens, dust, molds, etc.

Type 2 refers to people suffering from exposure mainly to chemicals in the environment and to foods and additives. Symptoms vary greatly and seem unrelated to conventional notions of allergy, which include cerebral and behavioral responses.

Both types are the result of impaired white blood cells, known as T cells, which leave the immune system unable to function as it should. Both are governed by your tolerance threshold.

This book gives a quiz, divided in 3 parts, to determine in which category you belong and guidelines and recommendations on how to deal with them. The different testing methods are covered, giving the pros & cons of different lab tests, such as: RAST, the T&B Blood cell count and helper/suppressor ratios T cell subsets and the cytotoxic testing. This book's conclusion on the cytotoxic test is that, in general, the results are unreliable.

Office testing: provocative-neutralization sublingual test; muscle test (applied kinesiology);

Therapies: antigen therapy & sublingual drops; transfer factor (expensive); interferon (at least 15 companies have invested in this); thymosin (extract from thymus gland of cows); propranolol (trade name Inderal - causes side effects) and intravenous sodium bicarbonate; urine autoinjection (technique to avoid).

The Four Food Reactions are discussed: fixed; cumulative, variable and addictive. The addictive form of allergies which can cause alcoholism and obesity is well covered and offers a 43 day step-by-step Allergy Obesity Diet.

Included are Four Food Allergy Diets: basic food sensitivities, vegetarian, candida and allergy obesity diet. Cooking hints are included for sugar, milk, egg, wheat, corn and yeast free diets.

Chapter 6 covers the many Alternative Treatments available, giving the pros and cons.

Mind Techniques - Psychoneuro-immunology (PNI). An immunologist and a psychologist have been able to condition mice to suppress their immune system. When given a pill they thought was an immune suppressor drug, the mice reacted as if they had actually taken the drug and "directed" their bodies to turn off their immune systems. It is believed that some brain cells can change the activity of the immune cells! Biofeedback, hypnosis, affirmation and visualization are also covered.

Body Techniques - Acupuncture, acupressure, chiropractic, stress reduction, exercise, vitamins and sex therapy.

Therapies of the Future - This is the HOPE chapter. It discusses the different scientific research being done. Within the next few years, testing for Type 1 allergies will be as simple as taking a blood sample to determine what substances cause reactions and the correct dosage for treatment. It is also expected that scientists will succeed in developing blood tests for Type 2 cerebral symptoms as well.

Brain Repair - Severely allergic Type 2 patients can suffer convulsive seizures or other cerebral reactions severe enough to damage brain cell tissue. Apparently brain injuries trigger the release of healing chemicals called "neuronotrophic factors". It is hoped that one day they will be able to produce these through genetic engineering to feed back to persons who have brain tissue damage.

Monoclonal antibodies - Scientists have begun to use monoclonal antibodies in several areas of immunological research. For the first time, scientists can study the antigen-antibody reactions at the chemical level. They hope to produce and inject patients with a supply of specific immune proteins that would prevent allergic reactions.

Anti-idiotypic Antibodies (AIAs) - According to this book, this is one of the most promising of the new treatments being researched and hopefully will be available to the public in the next 5/7 years. Cells "normally" tell each other to react and when to stop reacting; the chemicals that contain this message have been isolated. An AIA is a protein synthesized from actual body cells, an antibody which would be directed against a symptom-causing antibody. One injection could provide protection for as long as six months.

Gene Therapy - In the next 15/20 years, scientists should be able to manufacture an injectable gene that will provide specific or non-specific body immunity, thereby eliminating allergic reactions in recipients and in all their heirs.

IgE - Researchers have identified substances in rat tissues that raise and lower IgE levels, which can produce or eliminate allergy. They are now working on a way to stop the cells from producing IgE molecules against harmless antigens.

Bone marrow transplantation - At the moment the disadvantages to this method are serious, but it is hoped that within the next 5/6 years, the odds of serious effects will be ironed out. It would then be possible to have injectable serum to provide resistance to allergies for 12 months to possibly a lifetime.

Appendices to this book contain: biological food families; food most and least likely to cause allergic reactions; 12 pages listing where to send for products (U.S. and overseas sources).